



Foster cognitive longevity



Sleep

Relax your body prior to bed using aromatherapy. Scents like lavender, peppermint, and chamomile can help soothe the body and improve sleep



Nutrition

Try this amazing BLT pasta salad as the weather starts to warm up! Recipe can be found [here](#)!



Exercise

Gardening is the best exercise to start with for these upcoming hot months, as it burns calories and involves multiple muscle groups!



Novelty

Since it's blooming season, create your own beautiful bouquet of flowers by participating in a flower arrangement activity with loved ones and friends!

It's getting warmer, which means it's that season for outdoor seating! Try new local restaurants with patio seating with family and friends to enjoy a meal and the wonderful outdoors!

Socialization



Recent Lab News

The Eastern Kentucky University College of Health Sciences (CHS) Distinguished Alumni Award is presented annually, recognizing individuals that have achieved distinction in their professional or personal field of endeavor. This award is the highest honor bestowed upon an alumnus from the College. Please join us in congratulating Dr. Elizabeth Rhodus, this year's award recipient!



Caregiver Corner



Make sure you're taking care of yourself, by getting outside and taking in nature-- allowing yourself to be grounded and centering yourself if need be. You're doing amazing!